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GLOBAL WARMING HEATS UP TURF WAR

AS THE POLAR ICE MELTS, IT'S UNLOCKING TRADE ROUTES, OIL AND POTENTIAL CONFLICT

Family hit by double fire

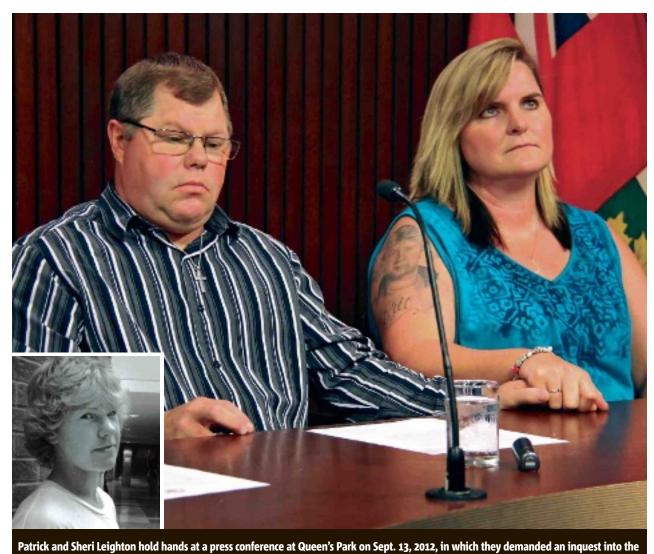
Barn blaze adds to losses for North Gower beef farmer after reigniting

Possible flight debris located

France provided new satellite data showing potential debris from MH370



Inquest to look into death of Ottawa student killed in blast



death of their son Eric, seen in the inset. Sheri Leighton's tattoo of Eric can be seen on her arm. JESSICA SMITH CROSS/METRO FILE

Mother Teresa Catholic High School. Eric Leighton was killed in 2011 after a shop class mishap



TREVOR GREENWAY

It's been almost three years since his son's tragic death, but Patrick Leighton is still expecting to be "shocked" to hear the details of how a shop explosion killed Eric Leighton.

An inquest into the young student's death begins Monday and confronting the many unanswered questions surrounding the accident is unnerving for family.

"A lot of Eric's injuries, we know they were severe, but I think we are going to be shocked at how severe they were," said Patrick Leighton, adding that his doctor was even hesitant to read him the coroner's report. "I think Eric's injuries were above and beyond."

Eighteen-year-old Eric Leighton was killed in May of 2011 after a steel drum that once contained peppermint oil exploded when he was cutting it in shop class at Mother Teresa Catholic High School. The students were building homemade barbecues — a project that Patrick says steered away from the school curriculum

and one the school knew little about.

"The fact that a teacher can go ahead and do whatever they want in a classroom I don't think is right. There are curriculums that need to be followed," he told Metro Sunday, one the eve of the inquest.

"It was an auto shop class. They should have been learning how to do an oil change or change spark plugs or something."

Patrick and his wife have been fighting for an inquest ever since the Ottawa Catholic School Board was fined \$275,000 under the Occupational Health and Safety Act in August 2013 in relation to the accident. It's been a tough three years for the family and Patrick knows the deep wounds are going to be reopened come Monday.

"As I go longer without Eric being in my life, I find it harder to go on," he said, holding back tears. He still heads out to the rink to watch his son's old junior B hockey team play, the Almonte Thunder, but says it just "doesn't feel the same" without #3 on the ice.

"I miss him more and

The inquest is scheduled to last two weeks and is expected to hear from 14 witnesses. After that, a jury will make recommendations so that future accidents are prevented.

Patrick knows nothing will ever bring his son back, but he hopes "no other parent has to go through this again."



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Monday, March 24, 2014

NEWS
03

Barn fire reignites, adding to losses for beef farmers

North Gower. Cattle, calves and show ponies lost along with farm equipment

CARROCCETTO

As beef farmer Todd Nixon and his father David pored over the rubble of the rubble of their 3,000-square-foot barn with fire investigators, smoke began billowing from the interior of another nearby barn.

For the second time in 13 hours, firefighters were summoned to a fire at 6255 Prince of Wales Dr., north of North Gower.

The Nixons scrambled to move a couple trucks, a trailer and open an access gate to the pasture, as the investigators put in a new fire call.

Moments later, that second smaller barn was fully engulfed in flames, with thick black smoke rising into the cold blue sky. "We lost two cattle, three calves and two show ponies," said Todd Nixon before the second fire erupt-

Quarter of the herd lost

Todd Nixon says the death of three calves, about a quarter of the herd, will likely affect the beef operation next year, as that's when the calves would've been large enough to market.

ed. "There was a show horse, as well, but we were able to rescue her. She's at the vet now. We are concerned about smoke inhalation."

The majority of the herd was out on the pasture last night. "The only reason the calves were in the barn was they were all less than two weeks' old," the younger Nixon added.

The fire department estimated the damage from the first fire at about half a million dollars. After the second fire, the younger Nixon, visibly upset, said a large camper and farm equipment were also lost. But he would not hazard a guess on the additional monetary damage.



Protesters call on feds for supervised injection site



A former intravenous drug user who has overdosed several times and contracted Hepatitis C says his ailments could have been prevented if Ottawa had a supervised injection site.

Speaking at a rally on Parliament Hill organized by Algonquin College students and the Campaign for Safer Consumption Sites (CSCS), Sean LeBlanc, who also chairs the Drug Users Advocacy League (DUAL), told reporters that

Ottawa needs a new strategy on tackling drug abuse in the

"It's a reflection of one's community when you treat the most vulnerable in your society the best," he said during the protest Sunday. "I know from having been there, people don't want to be sticking a needle in their arm everyday, but we need to provide them with support, love and services and just basic access to health

care and dignity so that they can make positive changes in their lives if and when they want to do that."

The head of infectious disease at the Ottawa hospital, Dr. Mark Tyndall, was at the forefront of Canada's only supervised injection site — Vancouver's Insite — and he says the drug program has turned a "terrible situation" into a much better one, reducing HIV and Hepatitis C infections and

stopping overdoses.

DUAL member and "drug consumer" Catherine Hacksel called for the end of Bill C-2—the Respect for Communities Act, which places more restrictions on proposed supervised injection sites.

"Bill C-2 doesn't respect science; Bill C-2 doesn't respect drug consumers and Bill C-2 doesn't respect democracy," she chanted to a croon of cheers.

TREVOR GREENWAY/METRO

Morrison's Quarry

Scuba diver drowns

A 53-year-old man is dead following a snorkelling accident at Morrison's Quarry in Chelsea. Located a little more than 30 kilometres northeast of Ottawa, the quarry is a popular spot for area divers.

According to MRC des Collines Police, a group of friends were scuba diving at the site around 12:30 p.m. Sunday when one of them didn't resurface for 30 to 40 minutes.

The man's body was later found, but resuscitation efforts were futile.

He was pronounced dead at hospital.

The name of the man has not yet been released, as police continue to probe the scene. No other details were available at press time

TREVOR GREENWAY/METRO

First-ever...

CHEO dance marathon a hit

University of Ottawa and Carleton University students kicked up their heels at the TD Presents Dance Marathon for the Children's Hospital of Eastern Ontario, raising \$32,469 March 21. Students filled the The Liquor Store and the Green Room, where they danced for eight hours. METRO

Luring probe

Ottawa man faces luring charges

An Ottawa man faces luring charges after police allege he contacted an officer posing as a 14-yearold girl online.

Investigators say a man communicated with the officer through social media and made plans to meet on Friday for an alleged sexual encountei

They say a suspect was arrested where the meeting was supposed to take place.

Matthieu Martel, 20, is charged with two counts of computer contact with a person under 18 years of age and one count each of computer contact with a person under 16 years of age for a sexual purpose and breach of probation.

THE CANADIAN PRESS

City takes tentative step toward cleaning up Ottawa's waterways

Preservation.

Water Environment Strategy set to go to environment committee for approval Monday

TANYA KIRNISHNI

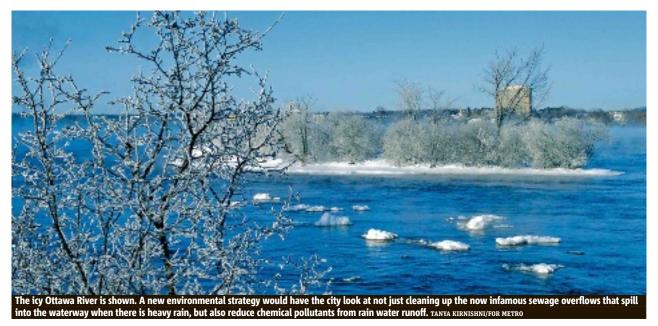
ottawa@metronews.ca

The City of Ottawa is making headway in the preservation and restoration of Ottawa's rivers and streams, albeit slow headway, says an environmental advocate in anticipation of a new water strategy set to be presented to the city's Environment Committee on Monday.

Phase one of the Water

Phase one of the Water Environment Strategy (WES) will deal with protecting the health of Ottawa's watersheds.

"In 2010 the city originally promised to finish this by 2012, but they're late and there can be no excuse," says



Graham Saul, executive director of Ecology Ottawa. He adds members of his group are pleased to see the city is finally moving forward, but are disappointed that the comple-

tion date is projected for 2015.
"This is a transitional wave

"This is a transitional wave away from what has been the city's focus up until now — to reduce the sewage being dumped into the Ottawa

River," says Saul. WES is part of 17 initiatives that make up the Ottawa River Action Plan (ORAP). Yet Saul suggests WES is more expansive than ORAP because it looks at the bigger

picture.

The strategy would aim to optimize management of water resources and identify specific measures to improve the overall health of the water

environment in Ottawa. One such measure would look at controlling sewer overflow and reducing the amount of chemical pollutants that get washed into the rivers when it rains.

For the long term, Saul states, "We need to re-conceptualize streetscapes and the way we build roads to create greener infrastructure."

Saul says that the cities that are having big break-throughs on these issues are the ones looking at not only immediate solutions but also long-term planning.

long-term planning.

Saul suggests that the main challenges facing the strategy are political momentum, prioritization of funding and the pace of change at which initiatives can be implemented. In regards to the provincial divide for some of the rivers Saul adds, "Although there is a multi-jurisdictional issue of how this moves forward, there is nothing preventing the City of Ottawa from taking leadership initiative."

Ambleside Drive

Ottawa blaze sends man to hospital

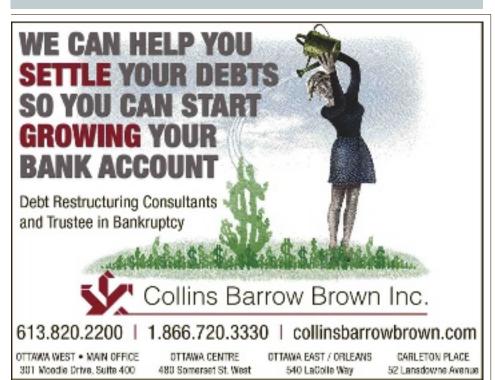
A 67-year-old man was sent to hospital with non-life

threatening injuries following an apartment fire on Ambleside Drive early Sunday morning.

Fire crews responded to the call at around 5 a.m. Sunday and were able to contain the fire to just one unit.

The cause of the blaze is still under investigation. The building was temporarily evacuated, but all residents have returned to their units.

TREVOR GREENWAY/METRO



On your mark, get set, campaign!

Ottawa Mayor Jim Watson announced late Sunday he will be officially registering for re-election. So far, only one challenger, Mike Maguire, has registered to contest for Watson's seat. Watson, a former provincial Liberal cabinet minister, is certain to run on his record and his plans for an expanded "Phase 2" LRT system, while Maguire says on his website, mikeformayor.ca, that he's a fan of re-purposing existing rail lines for transit use and reducing the size of government. The municipal election will be held on Oct. 27. METRO FILE





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Hip hop à la carte: Rappers to go on a tour des restos

Yo. Rappers using tour and Instagram to dish out on fave meals

How's this for a mash-up?

Three rappers with a fondness for food say they have scheduled their hip-hop tour as a means of visiting great restaurants.

On the "The Fork, The Knife and the Devin Tour," local rapper Atherton and his East Coast American friends Dezmatic and Benn Grimm will hit Montreal, Ottawa and Peterborough restos and then rap about their meals while also rapping about what they normally rap about during their concerts.

The Ottawa concert is scheduled for March 28 at Pressed Café and will feature pictures of meals the artists plan to take

in at Union, Erlings, Oz and El Camino.

All meals will be posted on Instagram under #FORKand-KNIFEtour.

Devin Atherton who performs under the name Atherton says the link between music and food really isn't that far apart.

"Ârtists tend to have a lot of links with the food industry," he reasons. "So the first time it came up, Dan (Dezmatic) was really keen to go to Joe Beef in Montreal. I was like, 'Fat chance, we'll never get a reservation there,' and we don't make much money, but we are going to this other great spot Satay Brothers where all the staff from Joe Beef hang out."

Atherton says people may say they don't like people posting pictures of food, but the responses speak for themselves.

"We all like taking pictures

of our food and you get some that say, 'Who cares about your meal?', but I find I get more looks for food pics than anything I post music-related."

The three take their musical inspiration from record labels like Difinitive Jux, Stones Throw and Rhymesayers.

"We all come from that boom in independent hip hop from the late '90s, early 2000s. We got caught up in that. There was a lot of really cool stuff happening there so our idols are from that world."

Along with taking pictures of their meals along the way, Atherton is also planning to make a documentary on the tour.

"I have a lot of friends and family along the way and locally. So hopefully we can film some one-on-ones with frontand back-of-house staff."

OONA WOODS/FOR METRO



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Possible flight debris seen again in search zone

Malaysia Airlines.

French images show 'potential objects' in area previously flagged by Australia, China

France provided new satellite data Sunday showing possible debris from the missing Malaysia Airlines jet, as searchers combing a remote part of the southern Indian Ocean tried without success to locate a pallet that could be a key clue in solving one of the world's biggest aviation mysteries.

The new information given to Malaysia's government and forwarded to searchers in Australia shows

"potential objects" in the same part of the ocean where satellite images previously released by Australia and China showed objects that could be debris from the plane, Malaysia's Ministry of Transport said in a statement without providing further details.

Flight 370 went missing over the Gulf of Thailand on March 8 with 239 people aboard en route from Kuala Lumpur, Malaysia, to Beijing, setting off a multinational search effort that has turned up nothing conclusive so far on what happened to the jet.

Sunday's search was frustrating because "there was cloud down to the surface and at times we were completely enclosed by cloud," Royal Australian Air Force Flight Lt.

Pallet problem

Information about the new data emerged as authorities co-ordinating the search sent planes and a ship to try to "re-find" a wooden pallet that appeared to be surrounded by straps of varying lengths and colours.

 It was spotted Saturday by spotters in a search plane, but no images were captured of it and a military plane dispatched to locate the pallet could not find it.

Russell Adams told reporters. He said nothing of interest to searchers was found.

THE ASSOCIATED PRESS

Ukrainian president calls for officer's release

A Ukrainian air force commander is being held after his base in Crimea was stormed by pro-Russian forces, and the acting president called for his release Sunday.

Col. Yuliy Mamchur is the commander of the Belbek Air Force base near Sevastopol, which was taken over Saturday by forces who sent armoured personnel carriers smashing through the base's walls and fired shots and stun grenades. One Ukrainian serviceman was reported wounded in the clash.

It was unclear if the forces, who didn't bear insignia, were Russian military or local pro-Russia militia.

Ukraine President Oleksandr Turchynov, in a statement, said Mamchur was "abducted" by the forces. He didn't specify where Mamchur is believed to be held.

However, prominent politician Vitali Klitschko said Sunday that Mamchur is being held by the Russian military in a jail in Sevastopol, the Crimean city that is the base of Russia's Black Sea Fleet. THE ASSOCIATED PRESS

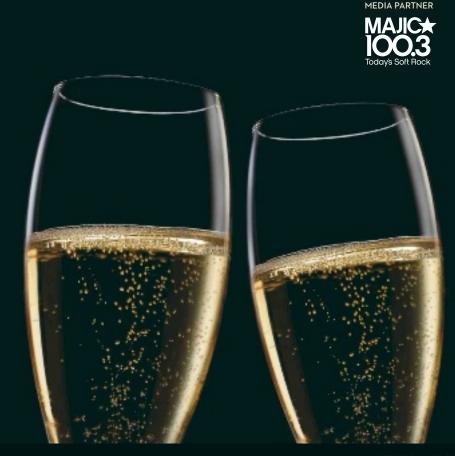




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Criminologist to track trolls with language

Cyberbullies beware. Western University's Mike Arntfield hopes to

draw up a 'lexicon' of how trolls talk online



It's the crime of the future, but it's not against the law — yet.

Sometimes it seems like trolls are everywhere online, using bullying or shock tactics to try to get a reaction from people. But one criminologist thinks he can help stop them, and his plan is a global first.

Western University's Mike Arntfield has gained federal funding to study the trolls' language. He has research assistants collecting text samples from social media, with the eventual aim of drawing up a "lexicon" of the way trolls talk.

And, just like criminal pro-



filing allows experts to predict the behaviour of killers and other violent offenders, that lexicon could provide signposts that show when trolls are about to do something more sinister.

"I'm surprised to some extent that I'm the first scholar to study this using (social media posts)," said Arntfield, who is also studying the relationship

between online bullies and their victims. The reaction from victims can be a variable in how a bully behaves.

"It's all uncharted territory in studying cyberbullying," said Arntfield, who also leads the OWN TV show To Catch a

He says "lexical choices" could be tracked, then used as "linguistic clues" in predicting how a person behaves in fu-

There may even be similarities between trolls who are otherwise from different age groups or places; Arntfield says it's possible there is an "online bullying creole" of recurring words in posts and screen names that can flag a troll.

But why study this, if it's not against the law? Because one day it might be, Artnfield explained. He predicted a time when legislation is drawn up to criminalize online bullying, which has already driven some people to suicide, and to do that it needs to be defined.



PQ concerned about election being 'stolen' by outsiders

Parti Quebecois Leader Pauline Marois visits Sainte-Angèle-de-Prémont, Que., Sunday. The Parti Quebecois says it's worried students from Ontario and the rest of Canada are trying to steal the provincial election, and expressed concern about media reports of Englishspeakers and other non-francophones from outside the province trying to vote in the April 7 election. "We don't want this election stolen by people from Ontario and the rest of Canada." PQ candidate Bertrand St-Arnaud said GRAHAM HUGHES/THE CANADIAN PRESS

Lotto lull

Agencies want the lottery to go viral

Millennials aren't buying lottery tickets as much as their parents do, so provincial lottery agencies are trying to develop a new national lottery aimed at people under 35.

A spokeswoman for the Western Canada Lottery Corp. said "the kinds of games we're offering ... are not necessarily as appealing to today's younger adults.' THE CANADIAN PRESS

The Holy 'C'

Cocaine seized on its way to Vatican

The haul was unremarkable, but the destination raised eyebrows, as German officials intercepted a shipment of cocaine destined for the Vatican in January.

Officers at Leipzig airport found 340 grams packed into condoms inside a shipment of cushions coming from South America. THE ASSOCIATED PRESS

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The Far North turf war

Five countries lay claim to territory around the North Pole. Some of those claims conflict, while other countries, like China, want the Arctic to be deemed an international zone. So far, the Arctic has remained peaceful, but as countries scramble for resources, how long will that peace last?

DYLAN C. ROBERTSON

As polar ice melts away, rising temperatures are unlocking oil, trade routes and the potential for conflict in the Far North.

"It's the opening chapter of what's going to amount to be a very long story, and people are playing nice and working together — for now," says Robert Huebert, a University of Calgary professor and expert in circumpolar relations and defence policy.

Five countries claim territory around the North Pole: Canada, Russia, the United States (through Alaska), Norway and Denmark (through Greenland). Some claims conflict,

Canada

while other countries like China want the Arctic to be deemed an international zone.

Polar ice has been steadily decreasing as high temperatures lead to longer summer melts. The U.S. Navy published a study last December suggesting summers in the Arctic could be ice-free as early as 2016, with regular shipping routes expected by 2030.

Meanwhile, 13 per cent of the world's undiscovered oil and a third of its untapped natural gas lies in the Arctic, according to the U.S. Geological Survey.

That leaves countries scrambling for re-

sources and trade routes. Canada recently asserted a claim over the North Pole, following Russia and Denmark. The Arctic has remained peaceful, with each state respecting United Nations rules on international waters.

But co-operation broke down this month. Canada, the U.S. and Norway cancelled joint military operations with Russia following the country's invasion of Ukraine.

"This is going to cause a pushback on the side of the Russians, in the Arctic region specifically," Huebert says. "It contains two of the most powerful states in the international system that are increasingly having different

Huebert noted that Russia's involvement in Crimea was partially a response to the Western military alliance NATO seeking closer ties with Ukraine. All other Arctic countries are NATO members. Huebert says further NATO expansion could lead to a Russian pushback, and Canada is not well equipped.

"As the Arctic is more and more integrated, you're going to see other events spilling



Canada has a small Arctic military presence, with a training centre opened last year that only holds 150 soldiers. A Nunavut military base was announced in 2007, but construction has yet to start. "Canada's very good at plans, but not so much at execution," says Huebert.

The UN has led a decade-long process for countries to extend their borders over parts of the frozen Arctic if they can prove that seabed ridges extend from their mainland. Last December, Canada was about to submit its

claim when Prime Minister Stephen Harper asked researchers to include the North Pole. Experts aren't sure why the original claim didn't include the pole, which lies near a large oil patch. The next day, Russian President Vladimir

Putin announced his country would expand its already large military presence. Michael Byers, an Arctic expert and

professor at the University of British Columbia, says Canadians have little to worry about.

"There is no immediate reason for concern, and no reason to change Canadian Arctic policy — which focuses heavily on co-operation.'

Russia has claimed a large portion of the Arctic, including the North Pole. The

government expects the Arctic to be Russia's primary resource base by 2020. 'We see the Russians moving very strongly on supporting and increasing their claim to the Arctic," Huebert says. "They're the ones who put the most money into revitalizing their military capabilities.'

Russia has 10 military bases along the Northern Sea Route, a government-charted trade route spanning Russia's entire north. The country has modernized its submarine fleets, built new icebreakers and is considering a separate military branch solely for protecting the Arctic.

Western countries are doing something to improve their military capabilities, but it's not on the same scale as what the Russians are doing," he says.

Huebert says that Russia will probably act belligerently toward other countries, such as by flying planes into other countries' airspaces, but would likely not invade other countries.

"You won't see direct military action per se, unless something really goes bad somewhere else," he says.

Denmark

Denmark is claiming an area that includes the North Pole. It also claims islands that Canada has previously claimed.

In 2005, Denmark occupied Hans Island, an unpopulated island on the border of both countries. Most analysts interpret this as a test of how well Canada defends its claims.

Greenland remains an autonomous part of Denmark that receives billions from Copenhagen each year. Danish governments have said that Greenland's independence hinges on it becoming economically self-sufficient.

In 2010, a large oil patch was found near the Canadian border in an area previously covered by ice. Denmark has since increased its military presence in the area, with regular coast guard

The largest estimated Arctic oil deposit lies just east of Greenland, near Iceland. "The Danes are wondering if they can get any of this oil lying offshore," says Huebert. "They're also looking at how China's ingratiated itself with Greenland and Iceland." The Chinese government has invested in mining and oil exploration in both countries.

Others

- Norway has made a claim to an area also claimed by Russia, which includes some oil reserves.
- The United States hasn't made any territory claims. The U.S. wants the Northwest Passage to be an international trade route. It has a military base in Greenland and a large submarine fleet.
- China has invested heavily in Arctic industry projects and wants the zone to remain neutral.
- France is the only non-Arctic state with an official Arctic ambassador. French companies are exploring oil projects in the Arctic, and France runs two Arctic research bases.
- Germany says an Arctic trade route could make Europe less dependent on Russian gas.
- Finland and Sweden are not part of NATO; Huebert says they may move closer to the alliance if Russia further invades Ukraine. This would further encircle Russia and likely provoke military action.











metronews.ca Monday, March 24, 2014 metr⊕ **BUSINESS**



The circle of life

A cow cleans her newborn calf on the O'Connor Ranch near Philip, S.D., last week. Rancher Chuck O'Connor brought in about 200 females to rebuild his herd, which suffered losses in an unexpected blizzard last fall. The two-day October storm, which first brought rain and then dumped up to four feet of snow in some places, killed more than 40,000 cattle, sheep and horses. With the new cows and the arrival of the spring calving season, O'Connor estimates his herd will grow to around 500 in May. Cattle experts say recovery could take years to a decade for ranchers who lost high percentages of their herds. Toby Brusseau/The associated press

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Then invest in social media. Betting on trendy stocks from Twitter to Facebook is not for the faint of heart



TO ROLL Alison Griffiths

The share price of Groupon, the coupon website, is plummeting. Oops, no it isn't. Wait a minute, yes it is! Groupon (GRPN) share prices dropped 75 per cent in 2012, gained 129 per cent in 2013, and have lost 26 per cent so far this year. That wild stock price ride pretty much sums up the experience of investing in social media. In a word, exciting but not always in a good way.

Social media is one of the trickiest sectors for investors. Most measures for evaluating stocks, such as the price-toearnings (P/E) ratio, are useless when applied to these Internet-focused companies.

And social media stocks are anything but lemming-like. In fact, at any given time there can be tremendous divergence in stock-price direction with some heading north and others heading south, regardless of what's going on in the economy.

Also, the social media universe isn't just out-there tech stocks. Facebook has recently been added to the S&P 100 and 500 indices, signalling the maturing of the sector.

It can be fun to take a flyer at social media IPO's. Those who jumped into Twitter back in November saw the stock soar from the \$26 US offering to over \$54 US in just three months. But a safer option is

- Limit exposure to a small percentage of your portfolio.
- **2**If the loonie strengthens, it can wipe out price gains. If it falls, the reverse is true.
- **3** Don't double dip by purchasing mutual funds or other ETFs that hold some of the same stocks.

to buy an entire index of social media stocks.

The Global X Social Media Index ETF (SOCL on NASDAQ) tracks the 27 stocks that make up the Solactive Social Media Index, which has recently traded in the \$27 US a share range. All the major names are there, from Twitter and Facebook to Angie's List, Xing and Zynga.

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Report. Canada's border guards waiving fees for cross-border shoppers

Canada's border guards routinely waive taxes and duties on goods bought by travellers in the U.S., says a briefing note for the prime minister.

The acknowledgment supports the suspicions of retailers that the Canada Border Services Agency is too lenient with cross-border shoppers, costing the economy millions of dollars in domestic sales. THE CANADIAN PRESS



Ashley Madison

Adultery website countersues former employee

A dating website for married people seeking affairs has slapped an exemployee with a countersuit after she accused the company of making her type up hundreds of fake profiles of sexy women.

Ashley Madison is countersuing Doriana Silva on allegations she kept confidential docu-

THE CANADIAN PRESS



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VOICES 11

TRANSPO: CARING OR VERY CARING

OC Transpo had reason to be pleased with the results of its 2013 customer survey, in which 80 per cent rated the service either good or very good overall. That's up from 73 per cent in 2012 and its best showing since 2008 (82 per cent).

This indicator of customer satisfaction has taken a wild ride in recent years. It dropped to 68 per cent in 2009 after that year's transit strike, and tanked to 59 in 2011 after "route optimization" left many riders with rather less than optimal service.

Some caveats are in order, as usual. Of the 1,525 people surveyed in the telephone poll, a little over half (820) had actually used OC Transpo in the previous six months. Users tended to rate the system higher than non-users, only 73 per

cent of whom judged it good or very good. I'll leave it to better minds to puzzle out whether that means those who use Transpo are more likely to like it, or those who like Transpo are more likely to use it.

 $The survey's \, margin \, of \, error \, increases \, from \, a \, respectable$



URBAN COMPASS

Steve Collins
ottawa@metronews.ca

plus or minus 2.5 per cent (19 times out of 20) to a sloppier four per cent when measuring responses only from those who actually use OC Transpo.

The bus company also proudly pointed out that customer belief that OC Transpo's employees care about them is also at its highest since the annual surveys began. That giddy zenith of customer bliss, however, amounts to 70 per cent of riders rating Transpo personnel "caring" or "very caring."

Still, it's the first time in recent history that number's been out of the fifties. Improvement is improvement.

The exact breakdown of the remaining 30 per cent of riders who characterized Transpo staff as "neither caring nor uncaring," "uncaring" or "very un-

caring" was not provided.
Similarly so-so marks for reliability and running on time, a
6.7 out of 10 from survey respondents, were still an improvement from last year's six out of 10 — even as actual on-time perform-

ance dropped, according to OC Transpo's last quarterly performance report.

This year's survey put an increased emphasis on personal safety, with 89 per cent of respondents agreeing the system is safe and secure overall. That's a solid score, though some might consider it a little overcooked, since the figure includes everyone who rated the system's safety anywhere from a wow-awesome 10-out-of-10 to a meh-I-guess six-out-of-10. The actual average rating out of 10 was 7.4.

The same six-out-of-10-or-better applies to questions about when respondents felt safe on buses and at bus stops, resulting in scores in the nineties for both men and women, who seem quite comfortable until it starts to get late.

Late-night travel exposes a gender divide, with only 49 per cent of women reporting they feel safe waiting for a bus at night, compared to 71 per cent of men.

Both report feeling safer when they see uniformed personnel around. OC Transpo, without much budget for big fixes, proposes putting high-visibility uniforms on night maintenance staff so passengers can identify them. Perhaps they could also issue them buttons reading: "I Am Caring or Very Caring."

ZOOM

Motor City's recovering



CARLOS OSORIO/THE ASSOCIATED PRESS

Efforts focused on city's youth

Javon Jones, centre, performs with other members of the Mosaic Youth Theater in Detroit. Several privately run youth organizations provide an array of extracurricular options for high school kids. Roughly 165 young people engage in Mosaic's main programs each year — most

from low-and moderate-income Detroit families.

Teachers and parents are fighting to do right by the children, and many believe Detroit is finally on the rise after hitting bottom. Yet they worry about the toll of growing up amid danger, dysfunction and the blight epitomized by tens of thousands of abandoned homes.

THE ASSOCIATED PRESS

Post-bankruptcy

"This is what we're ingraining into kids' psyches — this emptiness, the lack of safety.... They're going into school with a level of fear that something bad is going to happen."

Tonya Allen, CEO of the Skillman Foundation, which backs child-oriented initiatives

Adding it all up

88

Eighty-eight vacant school buildings are for sale — some of the 200 schools closed in recent years due to depopulation. High levels of gang violence and premature births combine to make the youth mortality rate the worst of any major U.S. city, according to a recent analysis by the Detroit News. Most of the city's 300 parks are unusable, overgrown wastelands.

Clickbait



Twitter celebrated its eighth birthday last week by opening its vaults and letting users rediscover their first tweet. The results ranged from bland to hilarious, but taken in aggregate they illustrated how people were unsure just what Twitter was, or



even how to use it, when it launched. If you haven't already, here's how you can view your first tweet, and a few other services that let you play around with your Twitter data.

Discover:

Discover your inaugural tweet — and everyone else's — at discover.twitter. com/first-tweet.

Tweet Cloud:

Lets you generate a word cloud of your own tweets. Just don't be surprised when "lunch" looms large in the loud.tweetcloud.icodeforlove.com

Tweetails:

Offers fun, free analysis of your Twitter account, including most mentioned users, favourite words and even a so-called "intelligence rating." tweetails.com.

Twitter

Wasting time..."

@metropicks tweeted: Twitter turned eight last week. Find out what your first tweet was,

share it with us and we'll print it!

@PlainSJ: Ha! I didn't even know
what twitter was when I joined back
in '07, but I had it pegged! "@PlainSJ:

@KellyOlivePR: #FirstTweet was 5 days after moving to #Toronto! "@KellyOlivePR: @ work...and loving being in Toronto"

@MattProsser: "@MattProsser: Chil-

@Harl3yQ: I found this #FirstTweet: @Harl3yQ: Which side of the toaster oven should the keurig go on #first-

worldproblems'

@FrenchmanCanada: And @strombo replied. In English AND in French. "@FrenchmanCanada: @strombo when I moved to Canada 3yrs ago you immediately became my favorite Canadian, so my #1sttweet is for

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WE WANT TO HEAR FROM YOU:Send us your comments: ottawaletters@metronews.ca



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Lost star takes danger in stride in adventure series

Born to be wild.

Dominic Monaghan has had some close calls while filming the world's most dangerous creatures

In the second season of Wild Things with Dominic Monaghan, it becomes abundantly clear why the show's motto is "the wilder the better." The show kicks off Tuesday with startling footage of a disoriented elephant that suddenly charges toward the show's hapless cameraman.

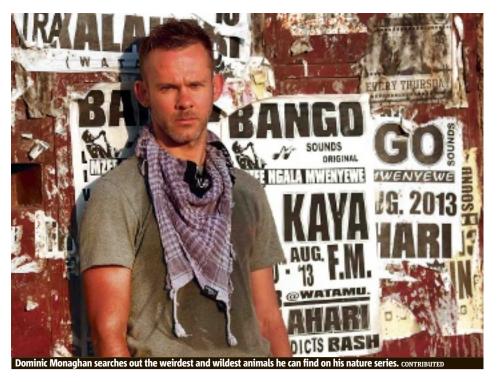
Monaghan says the terrifying encounter occurred after he and his crew had watched a veterinarian conduct emergency surgery on the massive beast. Moments after the doc administered an antidote to reverse the anesthetic, all hell broke loose.

"What we all assumed as a film crew was that the elephant was going to get up and give us a gentle nod in our direction and say 'Thank you,' and walk off into the African sunset," Monaghan said in a recent interview in Toronto.

"But instead it woke up and was confused and didn't know what had happened and saw a bunch of humans standing around it. And the closest person to the elephant was Frank, our cameraman — he had a big camera on his shoulder so he was very conspicuous — and the elephant tried to kill him."

Such is life in the wild.

Looking back now, it's clear Monaghan and even his seasoned Kenyan guides underestimated the peril they were in.



As everyone made a beeline for the cars, Monaghan says he and his crew were too late.

"They just drove off. They left us," he says, able to make light of the situation now.

"When (Frank) saw the cars drive off he was like, 'Oh no,' and then his balance went and then he fell over. But it worked for me because I thought, 'Well, if Frank fell over that means that I'll be OK because he's much slower than I am."

Luckily, their medic jumped in to distract the elephant, which eventually lost interest and wandered off. No one was hurt, says Monaghan.

The elephant tale isn't even the focus of the Season 2 premiere, which begins with Monaghan intent on finding the aggressive giant spitting

Other episodes see The Lord of the Rings actor head to Brazil, Zambia, Thailand, Japan, New Zealand and Australia to get a good look at creatures including carnivorous ghost bats, the world's longest-fanged snake and a deep sea creature considered one of the ocean's most poisonous predators.

And there are more dicey encounters. Monaghan says he needed nearly 40 stitches in his arm for another animal run-in that will be revealed in later episodes.

says he and his crew are extremely careful. A medic travels with them and carries anti-venom and other treatments, and they always know where the closest hospital is although sometimes it can be a day away, Monaghan ad-

"We're as safe as we can be. In a show and a world that can sometimes be dangerous." THE CANADIAN PRESS

When to watch

Season 2 of Wild Things with Dominic Monaghan airs Tuesday on OLN.



F This Test

By. Richard Benson

iBooks/Kindle/Kobo

MIND THE Kris Abel

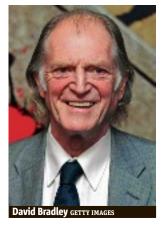
If you can't give your teacher the right answer, at least make them laugh. This collection of high school howlers compiled by Summersdale Publishers (under the pseudonym Richard Benson) captures the feel of a school workbook with doodles, lined paper, and hand-written, wisecracking answers. Most are silly, some are hilarious, and there are a few math equations that are downright clever

Box office

Teen sci-fi flick Divergent beats out Muppets sequel

The teen science-fiction franchise Divergent debuted with \$56 million US at the weekend box office in one of the year's biggest openings, but didn't reach the heights of Lionsgate's other teen franchise, The Hunger Games, which debuted with \$152.5 million in 2012. Disney's Muppets sequel Muppets Most Wanted fared poorly, earning \$16.5 million over the weekend. THE ASSOCIATED PRESS

David Bradley has no problem playing the villain



Nice day for a red **wedding.** Actor moves on from killing kings to vampires in new series

Even in Toronto, British actor David Bradley gets accosted for being the world's worst wedding host in Game of Thrones.

Bradley plays Lord Walder Frey in the HBO fantasy series. At the end of Season 3, he most infamously had his guests, members of the Stark clan, slain. The new season starts

"I was shooting a scene in the Toronto subway recently and one of the extras came up to me and said, 'I'd like to thank you for what you did to the Starks," says Bradley with a smile. "It's the first time I've had a positive reaction. Normally people are at their TV hurling abuse at me. But I must confess, I really did enjoy that scene. Maybe a little too much."

The actor was in Toronto last week filming one of the most anticipated new TV shows of the season, Guillermo del Toro's The Strain. The vampire

series is based on the books and comics created by the Mexican director.

In the series, Bradley plays professor Abraham Setrakian, a Holocaust survivor who runs a pawnshop in Harlem. He also happens to be a vampire hunter trying to save the world from the outbreak of a deadly virus.

They just asked me if I could go to Canada in four days and I said yes. I'm a big fan of Guillermo," says Bradley on set in an east-end Toronto studio.

And while you would have thought from his Game of Thrones experience that he wouldn't have trouble decapitating foes, the 71-year-old actor says it's harder than it looks.

"It's quite a complicated process beheading someone. There's all that animatronics and so on," he says. "And the special effects are really something. You'll have a decapitated head with a blinking eye in a corner or something. It can be quite disconcerting.

The show was filming the 10th of 13 episodes last week. It is expected to wrap by the end of April, with a release date later this summer.

TORSTAR NEWS SERVICE

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DISH 13



Straight talk from George: He's really not just holding out for the right woman

More than 15 years after coming out of the closet, George Michael admits that he had a particularly rough go of it following his revelation

"For some strange reason, my gay life didn't get easier when I came out. Quite the opposite happened, really," he tells the BBC. "The press seemed to take some delight that I previously had a 'straight

audience' and set about trying to destroy that. And I think some men were frustrated that their girlfriends wouldn't let go of the idea that George Michael just hadn't found the 'right girl.'"

They weren't alone, apparently, as the 50-year-old singer says "a lot of my extended family" still thinks he's holding out for the right woman.



Lien on me: Lauryn Hill's tax troubles aren't going away anytime soon

Six months after finishing up a prison sentence for tax evasion, Lauryn Hill appears to be in trouble with the IRS once again, with the government agency hitting her with seven separate liens for unpaid taxes from 2005 through 2011 totalling more than \$866,000 US, according to TMZ.

Last May, Hill was found guilty of failing to pay nearly \$1 million, something she blamed on a long history of racial inequality.

"To me, it is obvious that the accumulation of generational trauma and abuse have created the very behaviours the system tries to punish by providing no sufficient outlets for the victims of institutional terror," she wrote in a lengthy blog post following her conviction.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Where does Gaga draw the line? At Katy comparisons



STARGAZING
Malene Arpe
scene@metronews.

Lady Gaga says she and Katy Perry "couldn't be more different." It's true. While they are both female superstar pop singers in their late 20s with a penchant for outrageous costumes, Gaga likes M&M's while Katy prefers Peanut

Matthew McConaughey is reportedly not interested in repeating his role in the sequel to Magic Mike. Which proves the old trouser truth, "Get a fancy-pants Oscar, lose the chaps."

Jennifer Hudson quit her role as Weight Watchers ambassador. A job as high commissioner to the Exalted Republic of Nutrisystem suddenly became available.

According to Shakira, after she said in an interview that her boyfriend will not let her make music videos with men, he said to her, "Can you please shut your little mouth next time you're doing interviews — because you're making me sound terrible." Stay where you are, Shakira. We're sending the deprogramming unit for you now.

Bachelor participant Clare Crawley thinks being discarded by Juan Pablo was "a blessing in disguise." Sure, if the disguise is made of clear plastic.

Scientists revive a bit of moss that had been buried under ice for 1,500 years, making it the oldest living plant in the world. "Damn you," says Larry King.

Having previously demanded that M.I.A. pay a \$1.5-million US fine for giving the finger at the Superbowl two years ago, the NFL now wants an additional \$15.1 million in restitution. In less insane news, MIT researchers conclude that Avril Lavigne is the most famous Canadian of all time.

Simon Cowell reportedly paid \$1.2 million for a jaguar. Seeing as we're talking about Simon Cowell, it's anyone's guess whether it's a car or a big, dangerous cat.



Taylor wishes Selena and Justin never ever got back together

Selena Gomez's reunion with Justin Bieber may have cost her a best friend, as Taylor Swift is reportedly drawing the line when it comes to the troubled Canadian pop star, according to Radar Online.

"Taylor may not have the best reputation with her dating life, but at least she doesn't keep going back to the same loser over and over again like Selena does," a source says. "Taylor loves Selena and they get along super-well, but it's hard for her to watch her best friend keep going back to Justin when she knows it's the worst thing for her. She feels like maybe Selena needs tough love. She thinks Justin is disgusting and has basically told Selena she can't support their relationship and if she gets back with him their friendship will probably never be the same."

Darn that Internet! Even Pamela is haunted by online sex videos

Thanks to that pesky Internet, Pamela Anderson never got to have "the talk" with her teenage sons about her infamous sex tape with their dad, Tommy Lee. "I don't know if they've seen it, but they know about it," she tells Elle magazine about 17-year-old Brandon and 16-year-old Dylan. "They know about everything. Stupid Internet. I don't know why everyone is so impressed with it."





@rosemcgowan

"I wish there was a drive thru salad bar" overheard awesomeness. LA nights



@lenadunham

In my heart it's socially acceptable to politely ask "'scuse me sir, is that your wife or your daughter?"



@SteveMartinToGo

Temperature fluctuating wildly between 80 and 81 requires constant maintenance of ice cubes in tea. Tiresome.

Trip coverage: That's the ticket

Medical travel insurance. When just one slip can be costly, plan is only way to go



GAIL VAZ-OXLADEGail blogs daily at gailvazoxlade.com

My daughter told me she might be going on a trip with a girlfriend, whom we'll call Lily. When Alex told Lily that she'd want to be back by a particular date, Lily asked why. Alex said that her travel medical plan wouldn't cover her for longer than a 60-day trip. Lily announced that she never travels with medical insurance coverage.

I sighed. A lot of people don't. They're under the impression that if something bad happens to them while they're gallivanting around the world, they'll be covered by Canada's very generous health coverage.

No one expects to fall ill when travelling, though it happens all the time. Most things are quickly resolved. The bigger things come with hefty price tags and that's when we hear the story in the news. There's the story of the man who suffered a fall in Michigan and racked up \$168,000 in medical bills. Or the couple who were in a car accident resulting in \$325,000 in medical costs.

So do you have an extra \$100K sitting around to take care of medical bills you might



incur while travelling? Since provincial plans pay only a few hundred dollars a day for hospital coverage, you'd better. Or you could simply fork over some money for travel medical coverage. Would you rather spend \$60 to \$300 now (depending on the length of your coverage) or pony up hundreds of thousands of dollars later?

Even if you're heading to the U.S. for a day trip, insurance is a must-have. Your best bet if you cross the border frequently is to buy a plan that covers you for multiple trips. Coverage is usually provided for 12, 30 or 60 days with no limits on the number of trips in a 12-month period, so they're perfect for cross-border shoppers, business travellers or people who leave Canada more than once a year. Planning to be on the road more than 60 days? Single-trip plans can cover you for up to 183 days, perfect for those with a home away from home.

Some credit cards provide travel medical coverage. If you're a frequent traveller, the annual credit card fee is offset by the savings in not having to buy travel insurance privately. Keep in mind there may be specific restrictions.

Some people have travel medical coverage through their group benefits at work. Know what you're entitled to and whether you must put out the money and be reimbursed or can ask for direct billing to your insurance provider. And don't leave home without the telephone numbers and paperwork you will need if you do end up seeking medical treatment.

Even if you're leaving one province in Canada to travel to another, you should consider medical travel insurance. A victim of a polar bear attack got stuck with a \$13,000 bill for an air ambulance to Winnipeg because she didn't have out-of-province coverage.

As for people who choose to visit you in Canada from another country, they aren't

Shopping for coverage

Make sure when you buy your insurance that you correctly answer all those questions you're asked. Screw up even a little and you could find your claim denied. Here are some questions you might want to ask as you shop for coverage:

- How long does the coverage last? If the trip is extended, can you extend the coverage?
- Are there restrictions or limitations on the policy? (Think limitations due to substance abuse or restrictions on activities like sports.)
- Are pre-existing conditions covered?
- What is your maximum coverage and what are the deductibles or copayments that would apply to a claim?
- Are certain countries/ locations not covered?

covered under our medical system. You'd best ensure you've got coverage for visitors in place if they are among the many who choose to travel without buying their own travel medical insurance.

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METRO CUSTOM PUBLISHING

Tax Talk



Need Advice?

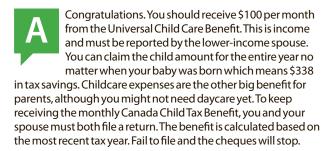
Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

What can I claim for our new baby, and can I claim my spouse as a dependant?



I had a baby this year. What can we claim?





My spouse did not work in 2013. Can I claim him as a dependant?

Yes, you can claim the \$11,038 spousal amount if he had no income for the year. If your spouse earned some income last year, you need to deduct this amount from the spousal credit. For example, if your spouse earned \$3,500, you would be able to claim \$7,538 (\$11,038 - \$3,500) for the spousal credit. Even though your spouse had no income, he or she should still file a return to make sure you still keep getting all your benefits.

Workers are defined by more than their abilities — they're also defined by their appetites. Here's what your workweek lunches say about your professional personality.

ELENI DEACON

The same-thing-every-day guy

Variety is overrated. You know what you like, and that's what you want. Even if that means ham-on-white five times a week. You're the office rock. Filing systems may get overhauled and printers may break down, but you remain a stable paperweight in a flurry of clerical chaos. While colleagues vie for the flashiest

presentations and the loudest water-cooler anecdotes, you choose diligence over drama, staying far away from workplace politics. If we are what we eat, you're tried-and-true.

Tip: Small changes could freshen up your routine. Try cutting your sandwich on the diagonal!



5

breeds of office bread-breaker

The resident health authority

Probiotics, macrobiotics, antioxidants, chia seeds. Whatever those things are, they're in your biodegradable brown bag. Who needs fluorescent bulbs when your skin is lighting up the cubicle? Your office mates might be a little baffled by your kale-and-spelt lifestyle, but they're also inspired. This time of year, most paper-pushers are getting Gollum-y: paleskin hunghed books sorio



You lunch most like Chri Traeger from Parks and Pecreation

are getting Gollum-y: pale skin, hunched backs, serious vitamin D deprivation. But your clear-as-Evian pores beam rays of hope.

Tip: Cheat when it's polite. If Janis brings cupcakes for your birthday, eat one.

The super-prepared Tupperware obsessive

Your lunch is prepped and packed by 8 p.m. the night before. You own specially designed containers for each element of your meal — and you never lose the lids. There's a reason your lunch is more organized than most of your co-workers' desks: around your office, you're the most on-the-ball person, period. Becky spilled coffee on her blouse? You're right there with a Tide-to-Go stick. IT guy hemorrhaging from a paper



cut? You've got Band-Aids in three different sizes. Freak toaster incident about to burn the whole building down? You memorized the fire evacuation plan your first day on the job.

Tip: Label everything. Thieves want your Thermos.

The party luncher

For you, "lunch meeting" has a broad definition. Mostly it means sneaking to the corner pub for an hour — or two. Every office needs a social glue person, and that's you. And while your role doesn't directly impact the bottom line, you still provide an essential workplace function: propping up morale. You're the one who boosts the mood so that everyone else can crush their to-do lists.



Tip: Go big or go home. But don't go too big or you might get sent home forever.

The on-the-go stealth eater

No one has ever actually seen you eat lunch. Rumour has it you scarf down Clif bars between meetings. You've got priorities, and walking to the nearest pizza place for a slice of cheese on cardboard is not one of them. Hands down, you're the person putting their

head down the most at your workplace. Maybe one day you'll be CEO, and someone else can pick up your Domino's for you.

Tip: No one has to witness it, but make sure you do eat.



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The world takes a walk in his shoes

Captain of canvas. The Toms brand continues to expand with Blake Mycoskie at the helm

ANDREA PARK

Metro World News

Just seven years ago, Blake Mycoskie was selling Toms shoes out of his apartment. "It seems like forever to me," he cracks. But since then, the canvas shoes have become ubiquitous, and Toms has turned into a global brand not just for shoes, but also for eyewear. Now, Mycoskie has launched Toms coffee.

The company is known for its one-for-one concept: Buy one pair of shoes and Toms will give a pair to a person in need. Toms coffee will also have a charitable bent: Every bag of beans gets someone one week (140 litres) of clean water in Guatemala, Honduras, Malawi, Peru and Rwanda — the same countries that house the coffee plantations.

Mycoskie hopes to turn coffee trade upside

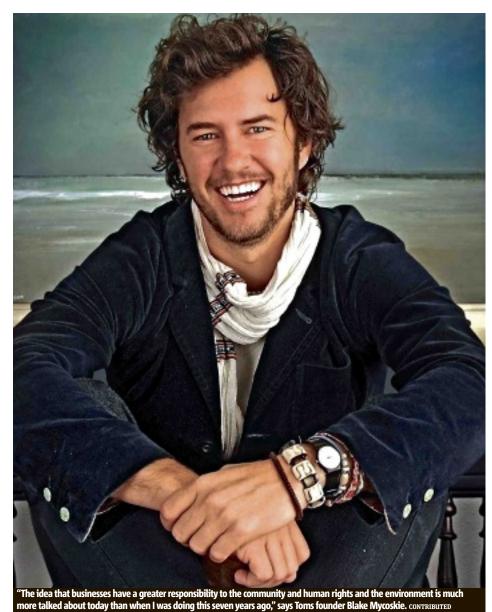
shops all over the U.S.; he's already opened one in Los Angeles and plans to roll out more around the country later this year, including in New York City this summer. But he also aims to launch a new product every year, hoping to become, as he puts it, the Richard Branson of socially responsible products.

Mycoskie, 37, gave us his top tips for young entrepreneurs hoping to break out with the next big startup.

Keep it simple

Mycoskie says it's important not to be in a rush: Don't be so overly ambitious that you miss the big picture. "Don't be afraid to be small for as long as you need to be small," he says. "When you're doing a startup, so many of them have this pressure where they feel the need to be so big and have so much revenue and raise money so fast."

Instead, Mycoskie says, young entrepreneurs should hold their horses and let their businesses blossom. "There's a gestation period during which it needs to organically come



into the market," he explains. He says his initial goal was just to sell 250 pairs of Toms shoes every six months: "We ended up doing a lot more than that, but had we set out with a

big, ambitious goal, I don't know if we'd have the success that we had."

Mycoskie says it's a big mistake to get caught up on the idea of entrepreneurship as a career. "If you're at university saying, 'I'm going to be an entrepreneur,' and you don't know what you're

"It takes time to raise money or prove your concept and generate revenue and profits. It's not for the faint of heart." Blake Mycoskie

going to start — that's scary," he says. "Find your passion about changing or doing something where the only way you can do that is to start a business." Have a clear purpose in mind before you venture out into the scary world of startups.

Get ready to be poor

If you want to forgo the big corporate job to start your own business, get ready for a big drop in salary. "It takes time to raise money or prove your concept and generate revenue and profits," says Mycoskie. "It's not for the faint of heart." Case in point: Toms lost money for the first three years after it opened. Mycoskie was the one who got hit the hardest by the loss because he was the only financial backer.

Be socially responsible

Mycoskie says the Toms concept of one-for-one wasn't just good for the beneficiaries — it was good for business. "The more I focused on our meaning and purpose, the more I found our customers connected with it, my employees were more engaged, and our vendors wanted to work with us because they were excited about our idea," he says. He says it may be more difficult to make a quick buck, but ultimately customers care about the way you operate your business.

Atomic Toms

Cross your fingers and hope for a big break

- Mycoskie still laughs in disbelief when he talks about how
- "We got support from an unlikely place the fashion industry was so supportive of these simple canvas shoes," he says. "First we were in the Los Angeles Times fashion section, and then a couple of weeks later I got a call from Vogue. After Vogue writes about you, then Nordstrom calls and Urban Outfitters calls." Mycoskie is the first to chalk up his success at least in part to luck. "Unbelievable," he says, shaking his head.

Don't choose entrepreneurship as a career





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metronews.ca
Monday, March 24, 2014
LIFE 17

${\bf 'Round\,the\,world\,\,wisdom}$

Ditch your pride when you need a helping hand



LESSONS FROM THE DESERT Stéfan Danis life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

After completing the Gobi race as a solo entrant, I signed up for a new challenge: running as part of a team. In this event, teams of three or more must run six marathons in five days, remaining within 10 metres of each other at all times. The challenge is completely different than a solo race: team



members must constantly adjust to the pace of weakest runner.

Winning comes to the team who moves their weakest runner the fastest. As I

would find out, each of us was the weak one at times.

The key to maintaining the lead was to strengthen the weakest link as quickly as possible. Having watched other teams unravel under the weight of one member's struggles, we decided that whenever someone fatigued, it would be a team challenge to solve as opposed to an individual one.

To do this, we encouraged each team member to be vulnerable enough to solicit help early, as opposed to proudly trying to overcome

s.o.s.

We encouraged each team member to be vulnerable enough to solicit help early, as opposed to proudly trying to overcome the problem alone.

the problem alone.

As such, when I reached my limit I called for help immediately, and got it. My teammates would either push or pull me forward, or temporarily take some of the weight out of my backpack. Our Atacama Crossing race strategy worked. To our surprise, we won the race, crossing the finish line a full eight hours before superior athletic teams. Back at work, when facing business challenges I let go of my own pride quickly and raise my hand when I'm struggling, working to create a safe environment so others can do the same.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER





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metronews.ca Monday, March 24, 2014 metr⊕

Meatballs: The next generation

Spaghetti and Cheese Stuffed Meatballs.

You've heard of stuffed crust pizza. Now, stuff your pasta entrée with ooey gooey mozza



ROSE REISMAN

ollow her on twitter



From your fridge to your table in 30 minutes or less

Everyone loves the classic spaghetti and meatballs. But traditionally, this is not the healthiest meal you can enjoy. Usually a larger-than-necessary portion of pasta is served

- 1 lb extra lean ground beef • 1/4 cup seasoned dry bread
- 1/4 cup finely chopped green
- 1/4 cup barbecue sauce
- 2 tsp finely chopped garlic
- 1 tsp dried basil
- 3/4 cup part-skim mozzarella cheese cut into 12 small cubes

Sauce and Pasta

- 3 cups tomato sauce
- 1/2 lb whole wheat spaghetti noodles

Garnish

- 1/4 cup grated Parmesan cheese
- 3 tbsp chopped fresh basil



and fatty beef makes up the meatballs.

Here's a twist using mozzarella-stuffed meatballs, lower-fat ground beef and whole wheat spaghetti.

Watch your guests' reaction when they discover the creamy cheese hidden in the meatballs.

The meatballs can be baked in advance and frozen for up to two months.

When buying ground beef, there is a large difference between extra-lean and regular. A four-ounce portion of extra-lean has 193 calories and seven grams of fat versus the regular ground, which has 300 calories and 20 grams of fat.

Directions

- 1. Preheat oven to 425 F. Line a baking sheet with foil lightly coated with cooking spray.
- **2.** To make the meatballs: Combine the ground beef, bread crumbs, green onions, barbecue sauce, egg, garlic and basil. Form into 12 round meatballs. Press a cube of cheese in the middle and seal.

Place on the baking sheet and bake for about 12 minutes, turning halfway through the cooking time.

- **3.** Meanwhile, place the tomato sauce in a large saucepan and add the cooked meatballs. Bring to a boil over mediumhigh heat, reduce the heat and simmer, covered, for about 5 minutes, stirring occasionally.
- **4.** Meanwhile, bring a large pot of water to a boil. Add the spaghetti and cook according to the package directions.

Drain and serve immediately, with the meatballs and sauce spooned over the spaghetti.

Garnish with Parmesan and basil. The best of rose reisman (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving

- Calories. 492
- Carbohydrates. 64 g
- Fibre. 11 g
- Protein. 42 g
- Total fat. 9.2 g
- Saturated fat. 4.3 g
- Cholesterol. 119 mg
- Sodium. 570 mg

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The secret is in the ripe tomatoes

If you love the influence of

Ingredients

- 1 large field ripe tomato
- sliced into 8 (1/4") slices • 1/4 cup store-bought pesto or homemade
- 3 oz Buffalo mozzarella or Bocconcini cheese sliced into 8 small rounds
- Fresh basil leaves as garnish

Italian or Mediterranean cuisine, this Layered Tomato, Pesto and Buffalo Mozzarella Cheese Salad will fit the bill.

Ripe tomatoes, pesto and creamy Buffalo mozzarella cheese make this a delicious appetizer, salad or perfect vegetable dish to suit any Italian entrée.

The key is to buy ripe tomatoes. You can also use plum or vine tomatoes instead of the field ones.

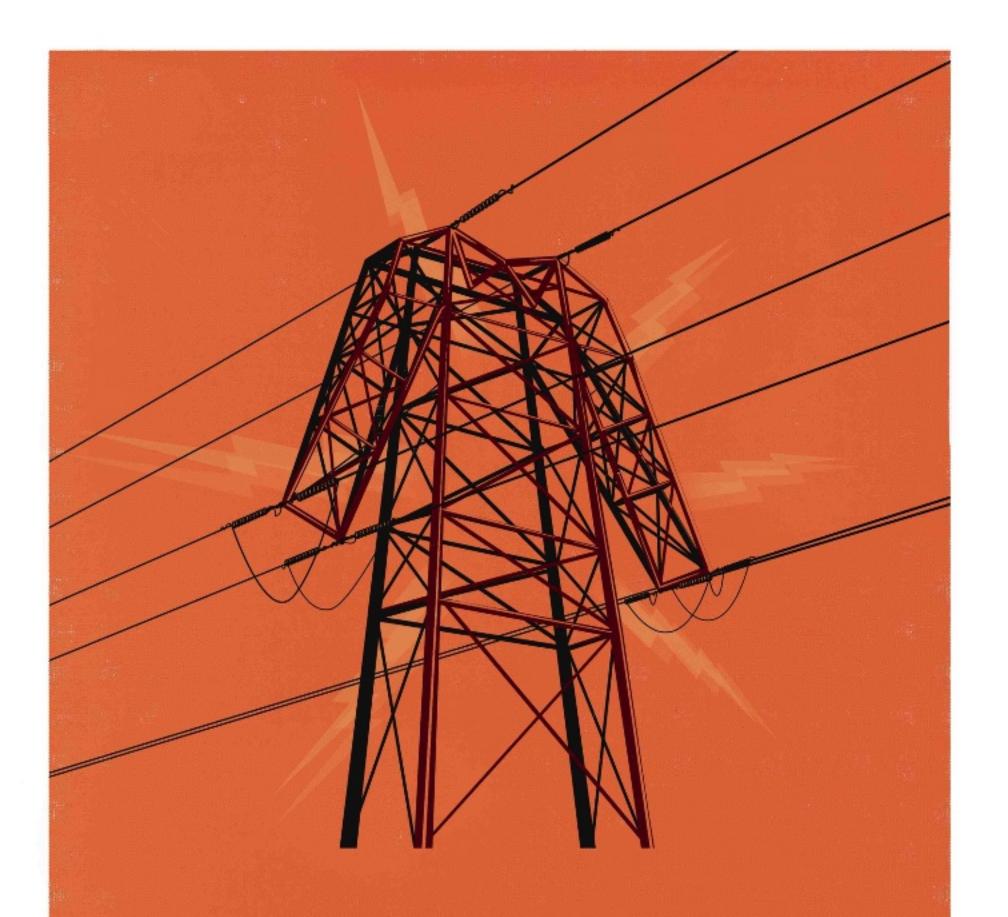


Buffalo mozzarella is the finest tasting cheese you can eat. It's made from the milk of water buffalos and comes packed in water.

It is high in protein and calcium.

If you can't find it, you can also substitute with Bocconcini cheese.

- **1.** On serving plate, place one slice tomato and spread little pesto over top. Lay piece of cheese halfway down and repeat with remaining tomatoes cheese.
- **2.** Garnish with basil leaves.



Sick of winter static? Get bource

20 SPORTS metronews.ca Monday, March 24, 2014



Swiss prove Homan is human after all

Canada's Lisa Weagle, front left to right, skip Rachel Homan and Alison Kreviazuk move a rock in the house as Switzerland's Irene Schori, back left, and skip Binia Feltscher look on in the gold-medal game at the Ford World Women's Curling Championship on Sunday in Saint John, N.B. Homan's Ottawa rink won silver, losing 9-5 to Switzerland. Andrew VAUGHAN/THE CANADIAN PRESS

Wiggins' hoop hardships begin

NCAA basketball.

Canadian guard accepts blame for loss after passive four-point game against Stanford

Next stop for Andrew Wiggins, the NBA draft lottery.

The Kansas freshman, sensational all season, would just as soon forget what looks to be his college swan song.

"I could have done a lot better, I didn't give my team what they needed," Wiggins said after scoring just four points with four turnovers in the second-seeded Jayhawks' 60-57 loss to No. 10 seed Stanford on Sunday in the third round of the South Regional.

Just a little more from Wiggins, who had averaged 28 points the previous four games, might have been enough to



send Kansas to the round of 16. He didn't get involved at all, hitting just one of six shots.

"I let a lot of people down," Wiggins said. "If I would have

Forlorn freshman

"I blame myself for this."

Kansas freshman Andrew Wiggins

played better, we wouldn't be in this situation, you know?

"I blame myself for this." Jayhawks coach Bill Self expects Kansas to be back in this

position soon, just not with Wiggins.

"You know, this isn't the

worst thing that's going to happen to him in his life," Self said. "If it is, he's had a charmed life, there's no question about that.

"I'm sad for our team and I'm sad for him that it wasn't our day or his day today."

Stanford's front line might have thrown off Wiggins, who again didn't have seven-foot centre Joel Embiid with him because of a stress fracture in

Wildcats win wild one

- Andrew Harrison scored 20 points, twin brother Aaron had 19 and Kentucky ended Wichita State's pursuit of perfection with a 78-76 win.
- DeAndre Kane drove for the game-winning layup with 1.6 seconds left and No. 3 seed lowa State beat North Carolina 85-83, advancing to the Sweet 16 for the first time since 2000.

his back.

Dwight Powell had 15 points and seven rebounds for Stanford who will play 11th-seeded Dayton, which beat No. 3 Syracuse 55-53, in the round of 16.

THE ASSOCIATED PRESS

Golf

Every builds himself a win after Scott's collapse

Matt Every always believed he would finally win on the PGA Tour. He couldn't have imagined it happening Sunday at Bay Hill.

Nine shots out of the lead going into the weekend, still four shots behind Adam Scott going into the final round, Every took advantage of a surprising collapse by the Masters champion and held on to the very end for a 2-under 70 to win the Arnold Palmer Invitational.

HE ASSUCIA

MLB

Tigers shelve Scherzer negotiations till end of season

Max Scherzer and the Detroit Tigers failed to reach an agreement on a long-term contract and will not negotiate again until after the season.

The Tigers said in a statement that Scherzer rejected their most recent offer. The 2013 Cy Young Awardwinner struck out 240 batters in 214 1-3 innings last season, and went 21-3 with a 2.90 ERA.

THE ASSOCIATED PRESS

MLB

Dodgers double down on D-Backs

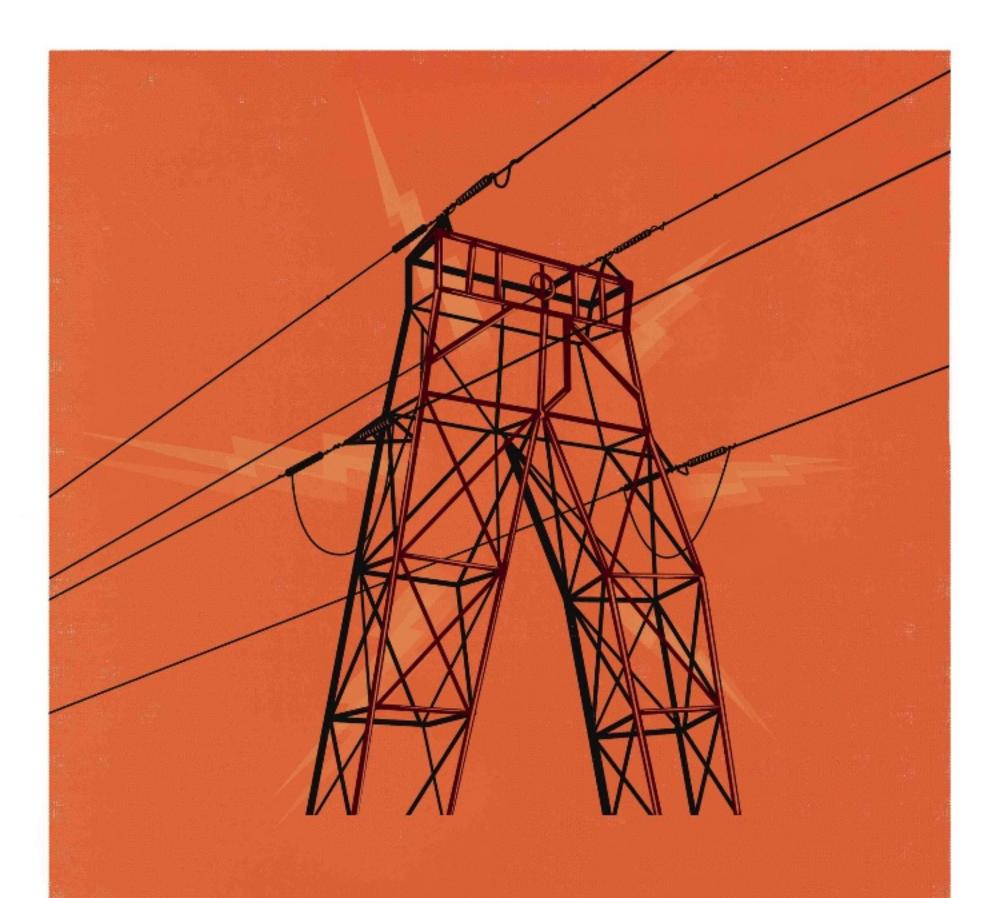
Yasiel Puig had three hits and two RBIs to back a scoreless outing by Hyun-Jin Ryu, and the Los Angeles Dodgers made it 2 for 2 Down Under with a 7-5 victory over the Arizona Diamondbacks on Sunday in Sydney.

Dee Gordon and Juan Uribe also had three hits for the Dodgers.

After a 3-1 win behind ace Clayton Kershaw in the Major League Baseball season opener Saturday night, Los Angeles remained perfect at Sydney Cricket Ground with its second consecutive victory over its NL West rival in Australia.

THE ASSOCIATED PRESS





Sick of winter static? Get bource

T Aries March 21 - April 20

If you need assistance over the next few days, you must ask for it. There is nothing heroic about keeping your pain to yourself. Why suffer when friends and family are ready

Taurus April 21 - May 21

and willing to help you?

The omens are good now, so why do you think something bad is about to happen? Realize that if you think like that you increase the chances that it will happen that way.

|| Gemini

May 22 - June 21 Cosmic activity in the area of your chart that influences friendships means you must not stay at home. Get out and meet people. They certainly want to meet you.

9 Cancer June 22 - July 23

You'll be able to twist people around your little finger today. Is it right to use your talents in this way? Of course it is. All is fair in love, war and getting ahead in your career.

Ω Leo

July 24 - Aug. 23

Don't let anyone restrict your freedoms. You need to let those who would like to take away your right to think and speak for yourself that you are not having it, that you will fight them all the way. And vou must mean it.

W Virgo Aug. 24 - Sept. 23

If you let fear get the better of you today, you could miss out on something that would have been a lot of fun — and might even have made you money. You have nothing to be anxious about, so take risks.



△ Libra

Sept. 24 - Oct. 23

Cosmic activity in your opposite sign of Aries is trying to warn that where your feelings are concerned, you could be easily misled. Others may try to manipulate you but don't make it easy for them.

M Scorpio

Oct. 24 - Nov. 22

Don't be afraid to take risks on the work front this week. The planets indicate you need to be more adventurous where your methods and routines are concerned. Just be careful vou don't overdo it.

₹ Sagittarius Nov. 23 - Dec. 21

You will see someone you thought of as a rival in a new light today. They are in fact one of the best friends you've got. Like all best friends, they may sometimes tell you things you don't want to hear.

17 Capricorn

Dec. 22 - Jan. 20

Creatively and romantically the sky is the limit this week and with travel plans well starred, be on the move. Don't let duties hold you back. You are entitled time for yourself.

≫ Aquarius

Jan. 21 - Feb. 19 Let a friend who is feeling down know you are there for them. Your words could be all it takes to get them smiling. One small act of kindness could have a knock-on effect that transforms their life!

) Pisces

Feb. 20 - March 20

You will most likely make small gains over the next few days, which are then cancelled out by a number of small losses. Overall you won't be out of pocket, so take the rough with the smooth. SALLY BROMPTON

Tuesday



Crossword: Canada Across and Down

20

32 33

Across

1. American flight watchdog org. 4. "The Voice" coach 9. "____I may, I can't…" 14. Whethers

15. Lady Gaga's "The Edge of _ 16. Hour: French

17. __ up (Absorb) 18. Kitchener-born trailblazer of hockey analysis who is a Member of the Order of Canada: 2 wds. 20. Montreal-based

22. Tea type 23. Follower of 'Que' twice, in song

carrier, Air_

24. "The Graham Show", on BBC Canada

27. Scot's 'No' 28. Paraguay/Brazil border river

30. Singer Clay 32. Anxieties

35. Pierre's 'here' 36. Apartment features, in ads

[acronym] 40. Toronto's whereabouts: 2 wds.

43. Church part 44. Poke fun 45. Boulangerie of-

fering 46. Artwork like the original, informally

48. Emerald 49. "Oy !" 52. Looked at 55. Li'l times 58. Food Network Canada show hosted by #19-Down, "Every-

day 60. Canadian filmmaker Ivan 62. 'Nova Scotia' is

Latin for what?: 2 wds. 65. Fam. member

66. Goodie 67. France: Oise tributary

63

68. boost 69. Old Roman roads 70. Breaks-not the rules

71. Putrefaction Down

1. Scrapper's weapons

2. Previously, in ye olden days

42

45

30

35

3. Spring vegetable 4. Friends of 'eewws' 5. "Show Your Teeth": Vancouver singer/

__ Yip 6. __ _ books (Doit-yourselfer's fave

68

7. "__, _ don't know." (Unsure reply) 8. Deli bread 9. Soulmate: 2 wds. 10. Fishing rod part

songwriter, Jasper 11. "Stairway": Vancouver band. Blonde

12. Sporting facility

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

13. Mr. Savard, Montreal-born hockey great

19. Roger __ (Celebrity chef, a Judge on "Chopped Canada")

21. Cat-with-headphones-logo early

music site 25. Sky surprise 26. Drummer Mr.

Torres 29. Sports fig.

31. Least unkempt

32. Cool ___ cucum-33. Alphabetic trio

34. 1973 Al Pacino movie

37. What Quebec's motto 'Je me souviens' means: 2 wds.

38. Optima car maker 39. Old French coin

41. Juste pour (Montreal festival) 42. Identify

47. Forces from property

49. Twenty, in Rome 50. Strain

51. "That's awesome!" 53. Clear

54. Halifax-born musician Mr. Doherty

(b.1940 - d.2007) 56. Ship's load

57. Snob

59. Bygone sovereign 61. Mid-month times

63. Universal ideal

64. Women's ('70s movement)

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

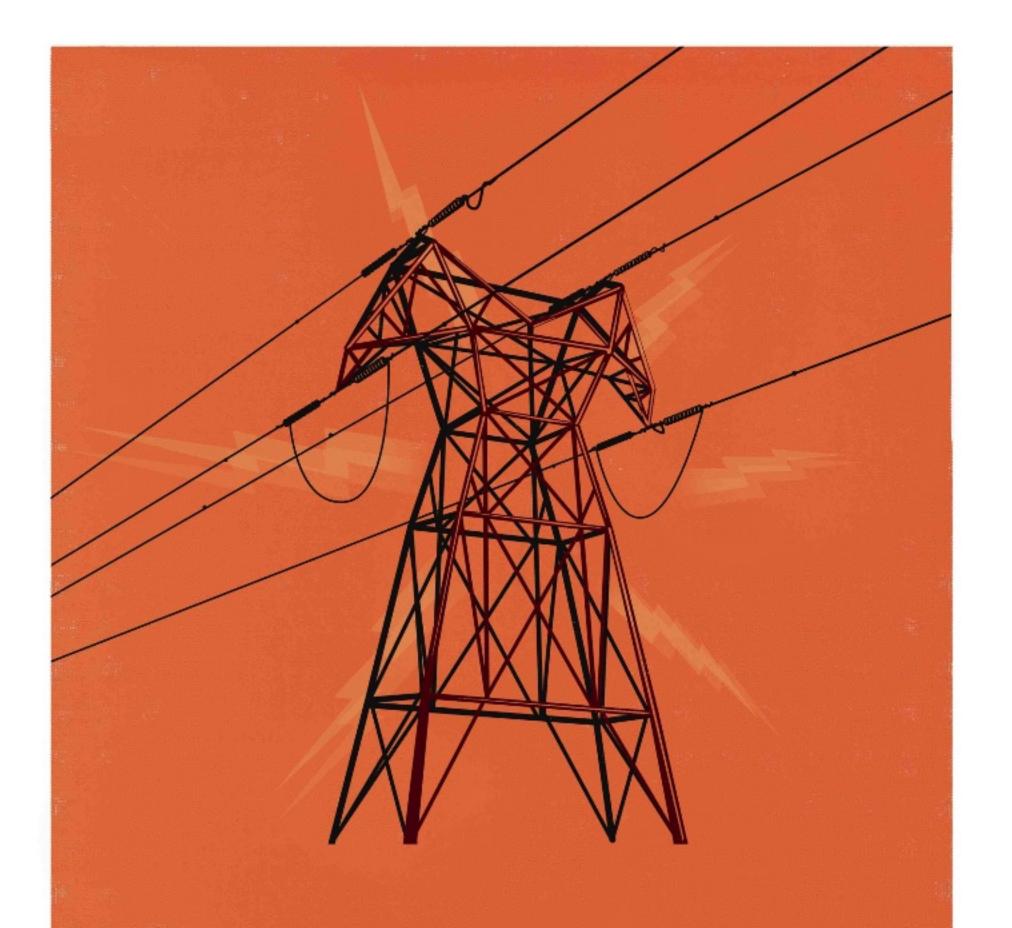
6	8	7	2	4	2	1	5	5
1	3	2	8	5	6	4	7	1
9	4	5	3	1	7	8	2	-{
2	1	3	6	7	4	5	9	ě
4	5	9	2	8	1	3	6	7
8	7	6	5	3	9	2	4	1
7	2	4	1	6	8	9	3	
5	6	1	4	9	э	7	0	2
3	9	8	7	2	5	6	1	4

					8		1	
3	8				6	9		
	9		2			5		
	7			1	9		5	
1								7
	4		3	6			2	
		4			5		6	
		5	6				9	4
	3		8					

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